The listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (Currently Amended) A method of treating skin photo-damage, comprising orally administering, to a human subject in need thereof, a therapeutically effective dose of a formulation comprising an extract of *Emblica officinalis* as an active ingredient, said extract being a standardized extract of components including in % by weight about ~~20-35%~~ 10-45% of Emblicanin A, ~~about 10-20%~~ above 0 to about 30% of Emblicanin B, about ~~15-30%~~ 3-40% of Pendunculagin, ~~about 3-12%~~ and above 0 to about 22% of Punigloconin, ~~with deviations for each of said components being plus or minus 10%,~~ and less than 1% of flavonoids.

Claims 2-8 (Cancelled)

Claim 9 (Previously Presented) The method according to claim 1 wherein said therapeutically effective dose is in the range of about 1 to 500 mg of said extract per day.

Claim 10 (Previously Presented) The method according to claim 9 wherein said therapeutically effective dose is in the range of about 2 to 200 mg of said extract per day.

Claim 11 (Cancelled)

Claim 12 (Previously Presented) The method according to claim 1 wherein administration of said therapeutically effective dose is begun two to three days before sun exposure.

Claim 13 (Previously Presented) The method according to claim 1 wherein administration of said therapeutically effective dose is begun a week before sun exposure.

Claims 14-16 (Cancelled)

Claim 17 (Previously Presented) The method according to claim 1 wherein rutin species of flavonoids are present in an amount of only 0.0001 to 0.01%.

Claim 18 (Previously Presented) A method according to claim 1 in which said extract is present as a nutritional supplement in the form of liquids, powders, pills, capsules or tablets, or confectionery bars.

Claim 19 (Previously Presented) A method according to claim 18, wherein said nutritional supplement is a baked, edible, high protein product comprising a) at least 0.1% of said Emblica officinalis extract, b) a mixture of protein components, c) flour, d) leavening agent, e) sweetener, and f) water.

Claim 20 (Previously Presented) A method according to claim 19, wherein said nutritional composition further includes a flavor component for imparting a characteristic taste to said nutritional composition selected from the group consisting of water soluble natural extracts and water soluble artificial extracts, which include apple, banana, cherry, cinnamon, cranberry, grape, honeydew, honey, kiwi, lemon, lime, orange, peach, peppermint, pineapple, raspberry, tangerine, watermelon, wild cherry and equivalents thereof; being in the overall range of 0.10% to 2.0% by weight of said dry composition.

Claim 21 (Previously Presented) A method according to claim 19, wherein said nutritional composition according to claim 19, further includes a colorant component for imparting a characteristic color to said nutritional composition selected from the group consisting of water soluble natural dyes and artificial dyes, which are of blue, green, orange, red, violet, and yellow; iron oxide dyes, ultramarine pigments of blue, pink, red, and violet; and equivalents thereof; being in the overall range of 0.10% to 2.0% by weight of said dry composition.

Claim 22 (Previously Presented) A method according to claim 1, further comprising topically administering a sunscreen to the skin of a human subject for protection from sun exposure.

Claim 23 (Previously Presented) A method according to claim 12, further comprising topically administering a sunscreen to the skin of a human subject during sun exposure.

Claim 24 (Previously Presented) A method according to claim 13, further comprising topically administering a sunscreen to the skin of a human subject during sun exposure.

Claims 25-27 (Cancelled)

Claim 28 (Previously Presented) A method according to claim 22, wherein the sunscreen comprises said standardized extract.

Claim 29 (Previously Presented) A method according to claim 23, wherein the sunscreen comprises said standardized extract.

Claim 30 (Previously Presented) A method according to claim 24, wherein the sunscreen comprises said standardized extract.

Claim 31 (New) A method according to claim 1, wherein said standardized extract of components include in % by weight: about 15-40% of Emblicanin A, about 5-25% Emblicanin B, about 10-35% of Pendunculagin and above 0 to about 17% of Punigloconin and less than 1% of total flavonoids.

Claim 32 (New) A method according to claim 31, wherein the standardized extract of components includes about 3 to about 17% by weight of Punigloconin.

Claim 33 (New) A method of treating skin photo-damage, comprising orally administering, to a human subject in need thereof, a therapeutically effective dose of a formulation comprising an extract of *Emblica officinalis* as an active ingredient, said extract being a standardized extract of components including in % by weight about 20-35% of Emblicanin A, about 10-20% of Emblicanin B, about 15-30% of Pendunculagin, and about 3-12% of Punigloconin, and less than 1% of flavonoids.